

EXERCISE 2

Read the article giving advice on how to follow a healthy diet. Then complete the exercise.

A Introduction

The new year is the most popular time for many people to think about what they eat and to try to be healthier. However, it is not always easy to change what you eat and many people give up their healthy diet after just a few weeks. Only a small number of people manage to lose weight. Here is some advice to help you continue your diet, and to feel healthier and happier.

B Healthy snacks

Most of us get hungry in between meals, especially after a busy day at work or college. A lot of people will eat the first thing they can find and this is often something not so healthy, like a bar of chocolate or some biscuits. To avoid eating these unhealthy snacks, cut up some fresh fruit and vegetables and keep them in the fridge for when you are feeling hungry. Dried fruit and nuts are also healthy snacks and will hopefully stop you from eating chocolate or biscuits when you feel like eating something sweet. Many people enjoy drinking tea or coffee with sugar, even in the evenings before they go to bed. Try to drink herbal teas, which are healthier and which will help you to sleep better at night.

C Eating in restaurants

Many people think that if they are following a healthy diet, they shouldn't go out for dinner. However, it is possible to eat healthy food in a restaurant. When you get the menu, look for healthy dishes which come with a lot of vegetables. If you are not sure how healthy a dish is, you can always ask the waiter to help you to choose something. You should also try not to order dessert, or choose something healthy, like fruit. Finally, drink water with your meal. Fizzy drinks and juices contain a lot of sugar.

D Cooking at home

It is good to cook at home when you are following a healthy diet, because then you will know exactly what you are eating. Avoid buying ready-made meals, because they usually have a lot of salt and sugar. You can make your cooking healthier by using less sugar, oil and salt. Instead, use herbs and spices to give your dishes more flavour. When you cook meat or fish, try to grill or boil it rather than frying. Always include plenty of fresh, steamed or boiled green vegetables as part of your meal. You may find it useful to buy a cookery book of healthy recipes, or to look up healthy recipes online. Finally, remember it's better to avoid having a second serving. If you still have food left, save it for the next day!

1. You should not have more than one serving.

- ☐ A
- ☐ B
- ☐ C
- ☐ D

2. People often want to eat something between breakfast and lunch, or between lunch and dinner.

- ☐ A
- ☐ B
- ☐ C
- ☐ D

3. Ask someone for advice about healthy dishes.

- ☐ A
- ☐ B
- ☐ C
- ☐ D

4. You can find information on the internet.

- ☐ A
- ☐ B
- ☐ C
- ☐ D

5. Many people find it difficult to continue a healthy diet.

- ☐ A
- ☐ B
- ☐ C
- ☐ D

6. A popular time for people to change their diet.

- ☐ A
- ☐ B
- ☐ C
- ☐ D

7. Choose water rather than other drinks.

- ☐ A
- ☐ B
- ☐ C
- ☐ D

8. You should change the type of tea that you drink.

- ☐ A
- ☐ B
- ☐ C
- ☐ D